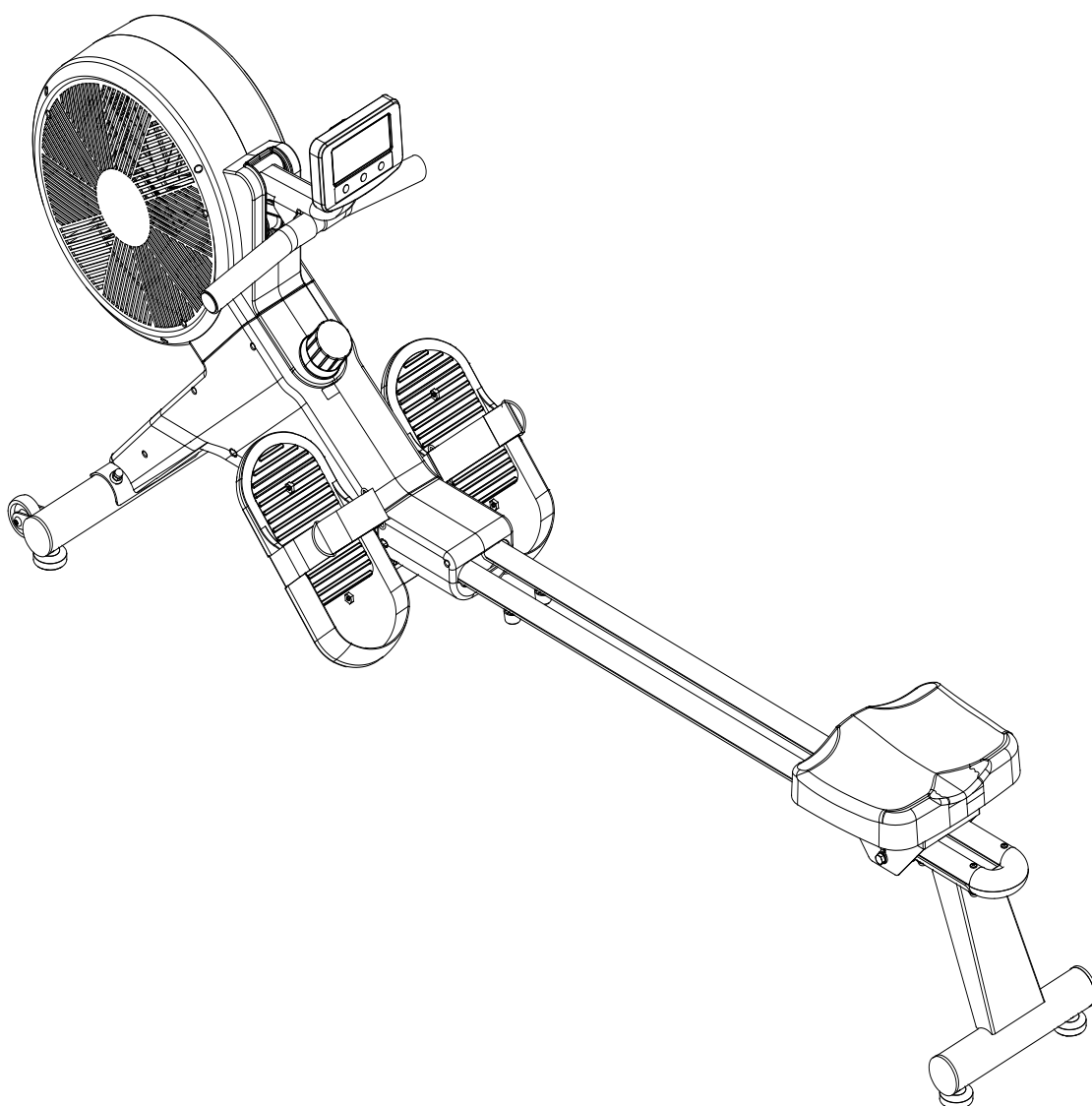




USER MANUAL



IMPORTANT!

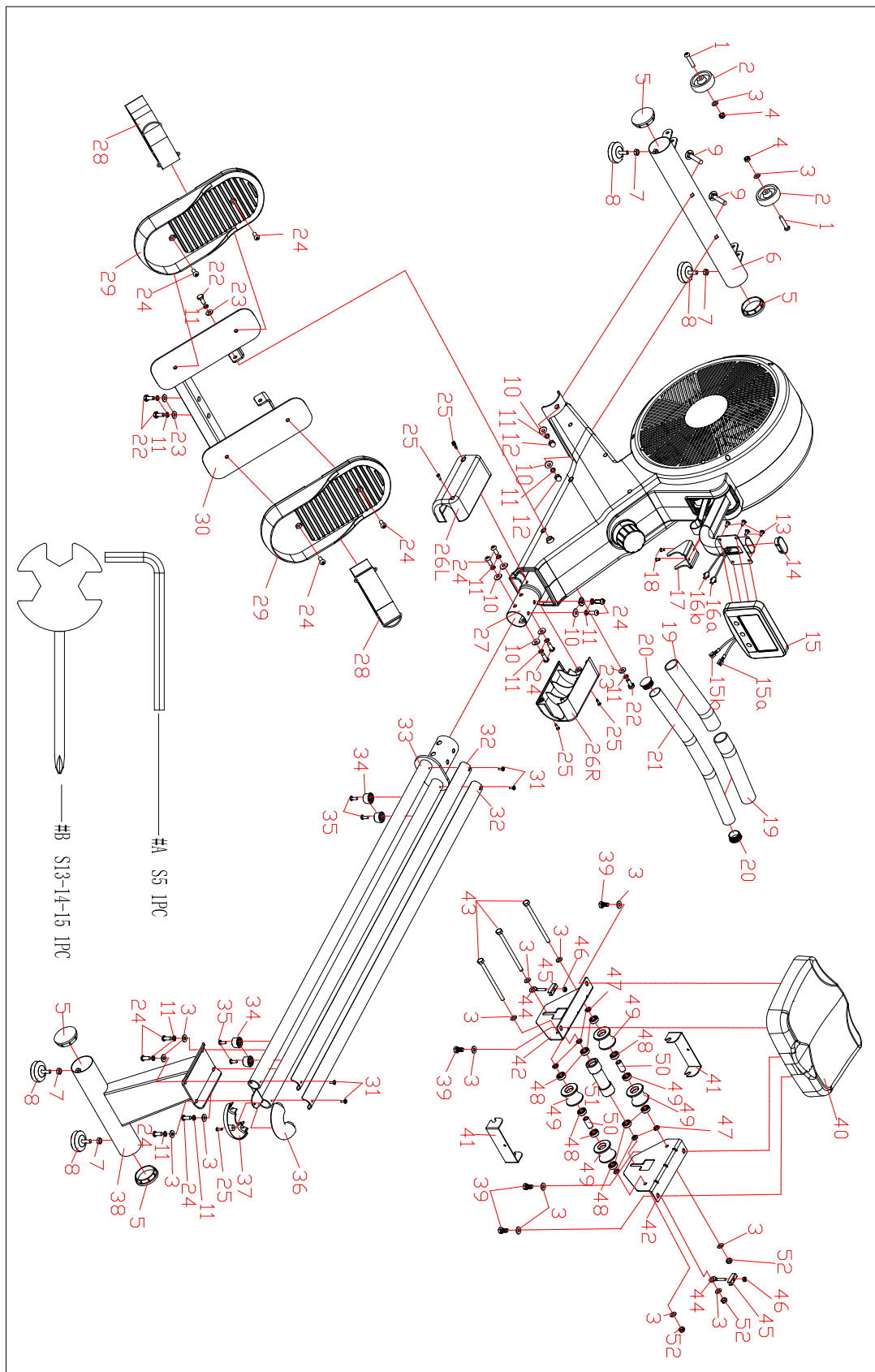
Please retain owner's manual for maintenance and adjustment instructions.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

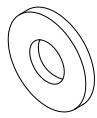
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 120 KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM

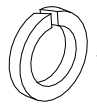




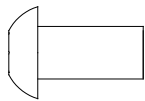
Hardware:



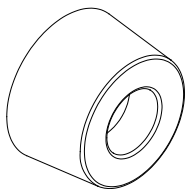
————— #3 d8*Φ16*1.5 4PCS



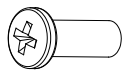
————— #11 d8 4PCS



————— #24 M8*20*S5 4PCS



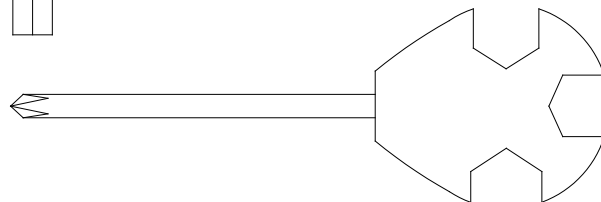
————— #34 Φ27*Φ23*16*Φ6 2PCS



————— #35 M6*16*Φ10 2PCS



————— #A S5 1PC



——— #B S13-14-15 1PC

Parts List

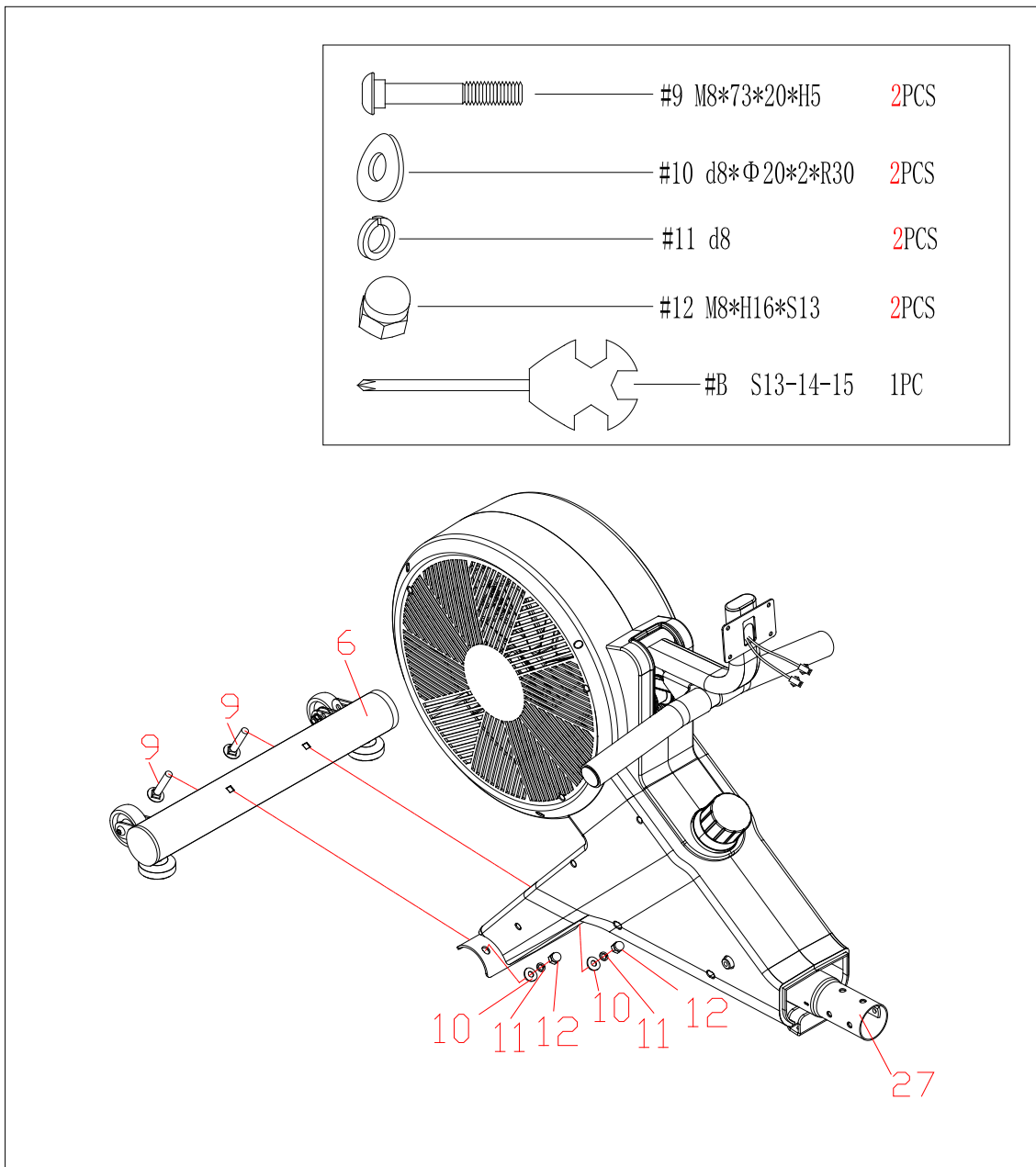
No.	Description	Qty
1	Bolt M8*42*15*S6	2
2	Transportation Wheel	2
3	Washer d8*Φ16*1.5	16
4	Nylon nut M8*H7.5*S13	6
5	End cap Φ60.5*17	4
6	Front bottom tube	1
7	Nut M8	4
8	Adjustable foot pad φ52*18	4
9	Bolt M8*73*20*H5	2
10	Arc washer d8*Φ20*2*R30	8
11	Spring washer d8	12
12	Cap nut M8	2
13	Bolt M5*10	4
14	End cap	1
15	Computer	1
16	Trunk wire	2
17	Handlebar holder	1
18	Bolt M5×10×Φ8.5	2
19	Foam grip	2
20	End cap Φ32*17	2
21	Handlebar	1
22	Bolt M8*20*S13	4
23	Washer d8*Φ20*2	5
24	Bolt M8*20*S5*φ13	11
25	Screw ST4.2*16*Φ8	18
26L/R	Cover	1pair
27	Main frame	1
28	Pedal strap	2
29	Pedal	2
30	Pedal plate	1
31	Bolt M5*10	4
32	Rail piece	2
65	Spring Φ1.2*Φ15*48*N9	

No.	Description	Qty
33	Rail	1
34	Limiter	4
35	Bolt M6*16*φ10	4
36	Rail upper cover	1
37	Rail lower cover	1
38	Rear supporter	1
39	Bolt M8*16*S14	4
40	Seat	1
41	U baffle plate	2
42	Left support plate of seat	2
43	Bolt M8*135*15*S14	3
44	Chain bolt M6*40*Φ10*2.5	4
45	Chain U seat	4
46	Nylon nut M6*H6*S10	5
47	Spacer d8*Φ15*4	6
48	Bearing 608Z	10
49	Roller Φ45*38*Φ22	4
50	Spacer Φ14*Φ8.3*30	2
51	Roller Φ33*106*Φ22	1
52	Nut M10*1*H9.5*S15	4
53	Nut M10*1*H5*S17	4
54	Bearing 6000-2RS	5
55	Screw ST4.2*13*φ7	16
56	Aluminium sheet	4
57	Fan	1
58	Flywheel shaft	1
59	Magnetic plate	1
60	Wave washer d12*Φ15.5*0.3	1
61	Washer d6*Φ16*1.5	1
62	Spring washer d6	1
63	Bolt M6*12*S10	1
64	Magnet Φ24*5	2
84	Axle for Mesh Belt Wheel	1

66	Bushing $\Phi 32 \times 3.3 \times \Phi 28 \times 16 \times \Phi 14$	2
67	Computer post	1
68	Knob $\Phi 14 \times 81.5 \times M8 \times S6$	1
69	Bolt M6*55*15*S10	1
70	Washer d10	2
71	Pulley $\Phi 45 \times 35$	1
72	Fixing Axle for Mesh Belt	1
73	Wave washer d10	1
74	Belt	1
75	Belt plate	1
76	Bearing 16003-2RS	2
77	Bearing $\phi 35 \times d17 \times 16$	1
78	Mesh Belt Wheel	1
79	Washer d35	1
80	Fixing Axle for Mesh Belt	1
81	Bearing 6300-2RS	1
82	Mesh Belt	1
83	PC Board for Mesh Belt Wheel	1

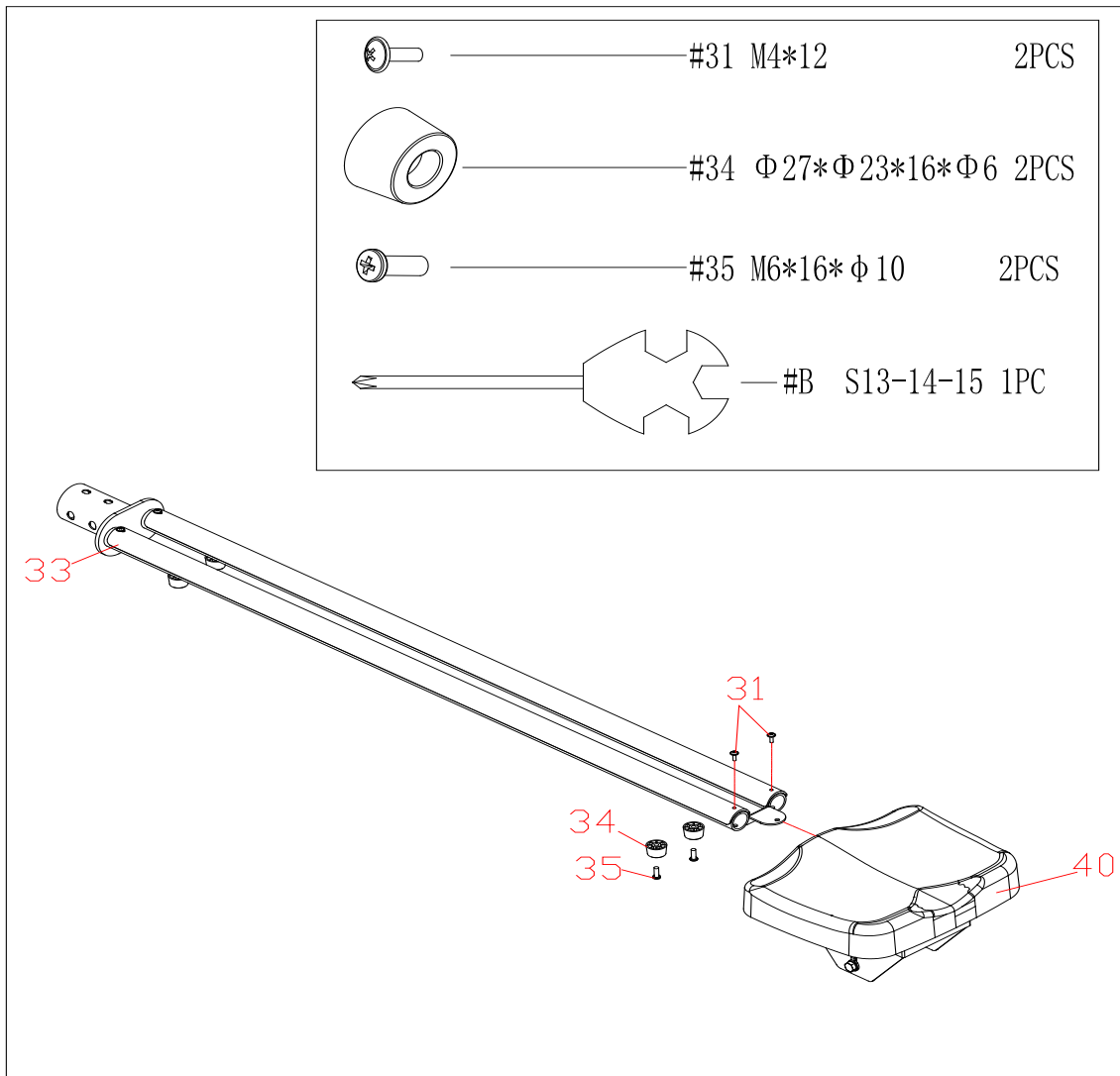
85	Volute Spring	1
86	Outer PC Board	1
87	Outer Cover for Mesh Belt Wheel	1
88	Sensor	2
89	Sensor holder	1
90	Bolt M5*20	1
91	Washer d5* $\Phi 16 \times 1.5$	1
92	Tension knob	1
93L/R	Front cover	1pair
94L/R	Rear cover	1pair
95	Support pad of Housing	1
96	Rubber ring	1
97	Screw ST4.2*16* $\phi 8$	12
A	Spanner S5	1
B	Wrench S13-14-15	1

Step 1:



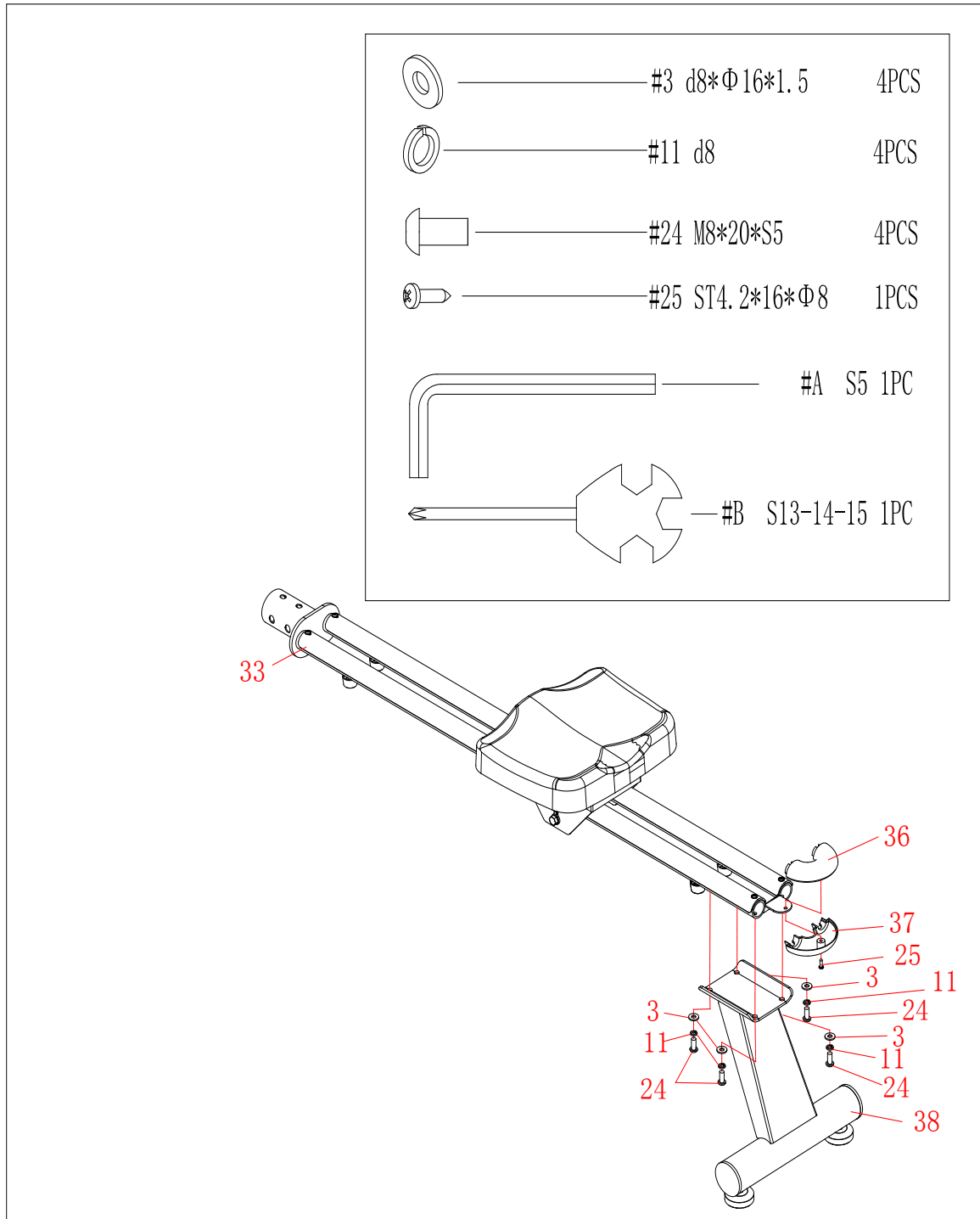
Take out the bolts(9), arc washers(10), spring washers(11) and cap nuts(12) from main frame(27) by wrench(B), then attach front bottom tube(6) to main frame(27) with bolts(9), arc washers(10), spring washers(11) and cap nuts(12) by wrench(B).

Step 2:



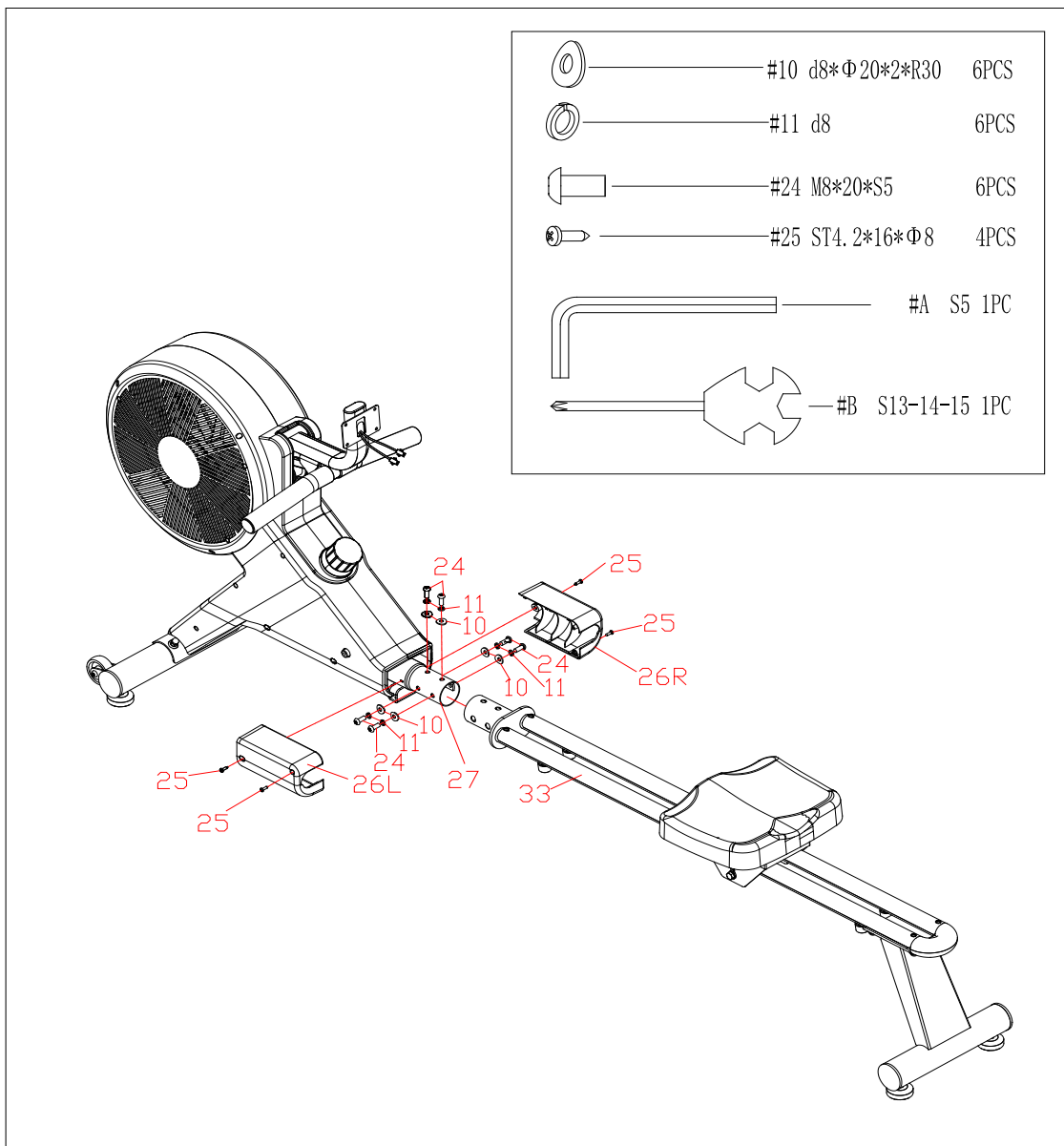
- Take out bolts(31) from rail(33) by wrench(B);
- Insert seat(40) into rail(33);
- Secure rail piece(32) in the rail(33) with bolt(31) by wrench(B);
- Secure limiter(34) in the rail(33) with bolts(35) by wrench(B).

Step 3:



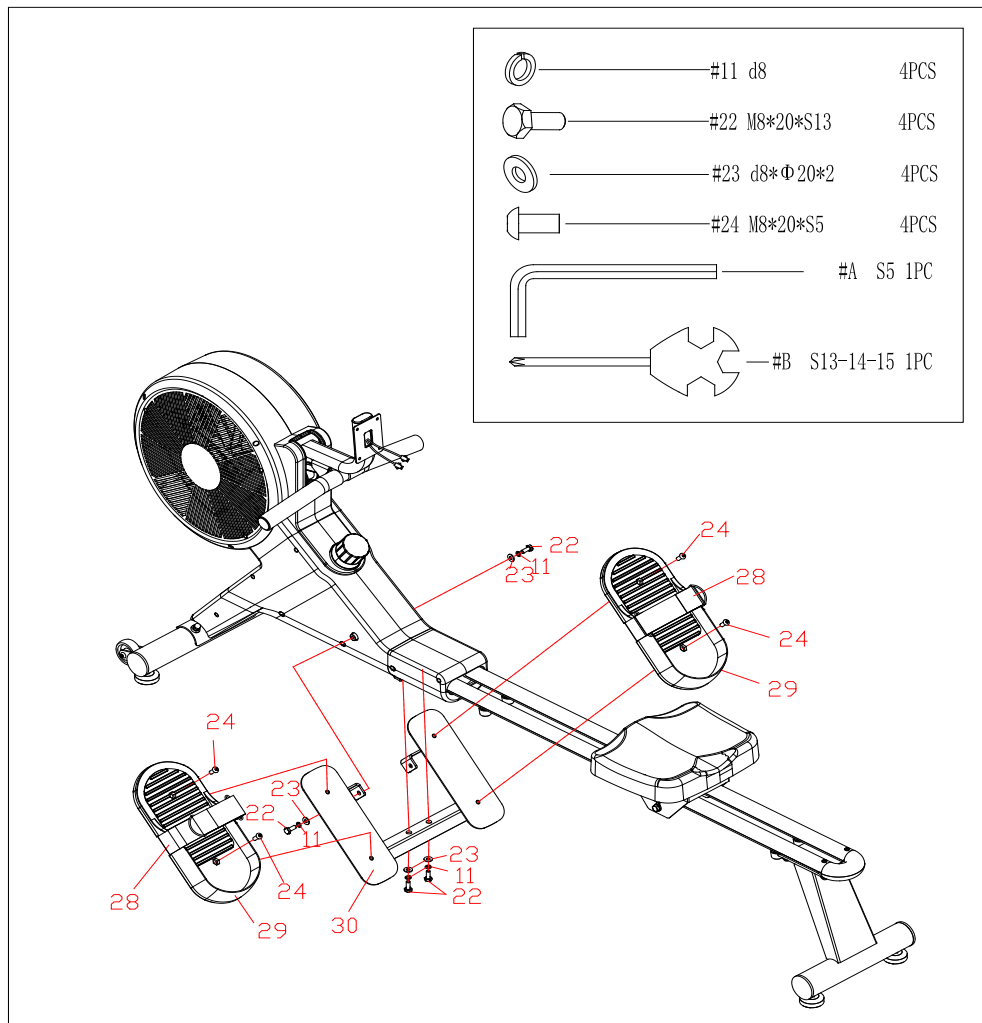
- Secure rail upper and lower cover(36&37) on the rail(33) with screws(25) by wrench(B);
- Secure rear supporter(38) on the bottom of rail(33) with washers(3), spring washers(11) and bolts(24) by spanner(A).

Step 4:



- Take out arc washers(10), spring washers(11) and bolts(24) from main frame(27) by spanner(A); Take out screws(25) from main frame(27) and cover(26L/R) by wrench(B);
- Attach rail(33) into main frame(27), then secure them with arc washers(10), spring washers(11) and bolts(24) by spanner(A);
- Secure cover(26L/R) on the main frame(27) with screws(25) by wrench(B).

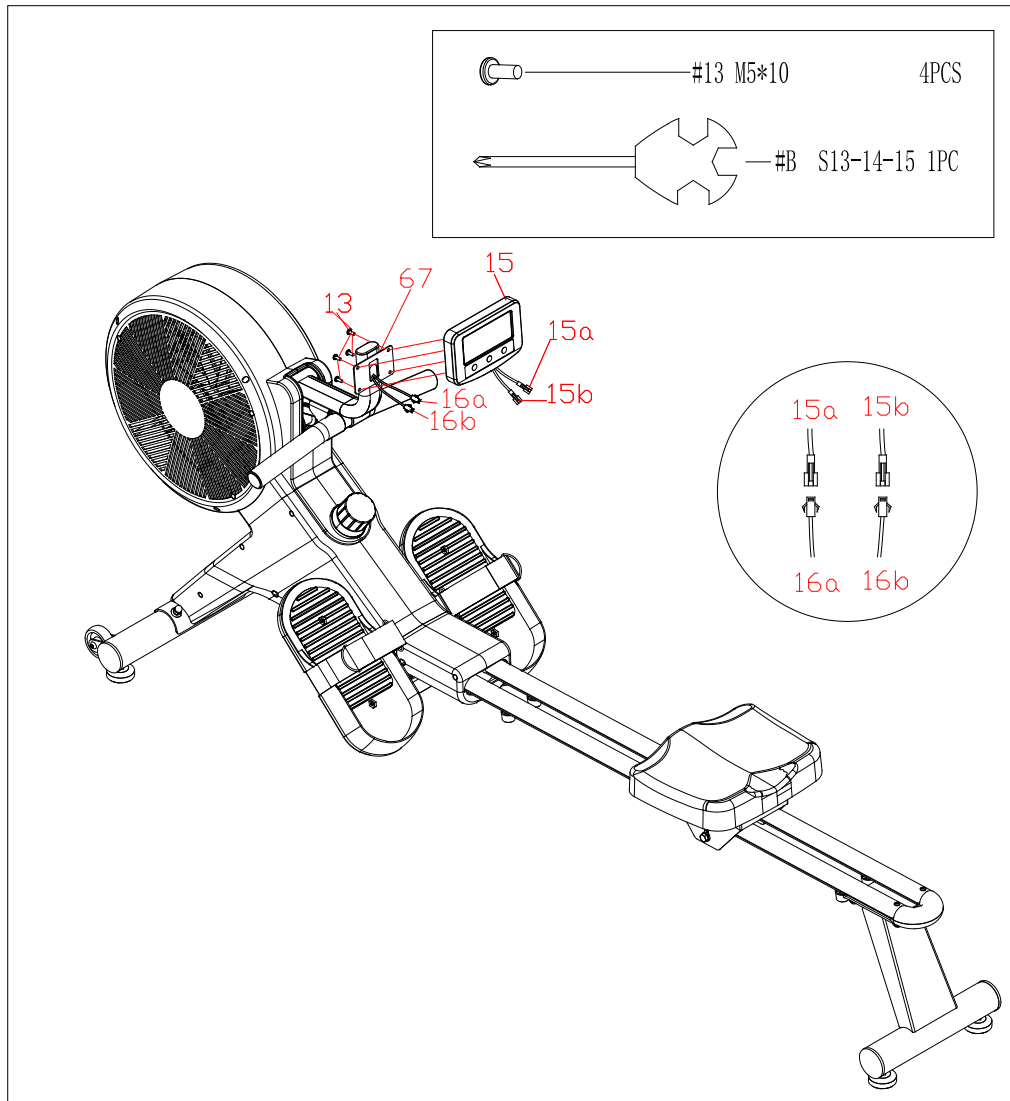
Step 5:



- Take out spring washers(11), bolts(22) and washers(23) from main frame(27) by wrench(B);
- Secure pedal plate(30) to main frame(27) with spring washers(11), bolts(22) and washers(23) by wrench(B);
- Secure pedal(29) in the pedal plate(30) with bolts(24) by spanner(A);

Attention: The pedal strap(28) should be put in the long groove which is at the bottom of pedal(29), and the pedal(29) must not press the pedal strap(28), so that the pedal strap(29) could be free to pull up and down.

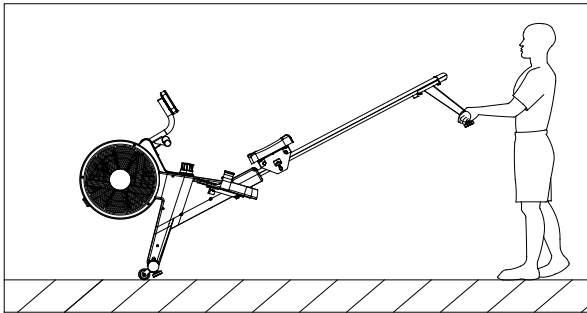
Step 6:



- Pull out the trunk wire(16a/16b) from computer post(67), then connect them with computer wires(15a/15b), then put these wires into the computer post(67) by return;
- Secure computer(15) on the computer post(67) with bolts(15) by wrench(B) ;

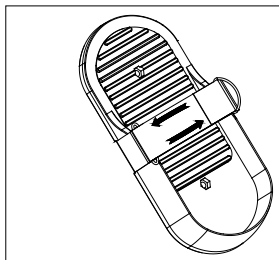
ADJUSTMENTS GUIDE

1.MOVING THE MACHINE



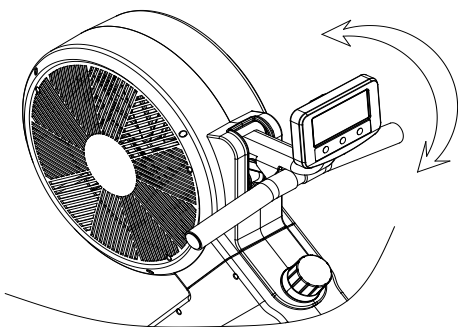
To move the machine, lift up the Rear supporter (38) until the transportation wheels on the Front bottom tube(6) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

2.PEDAL ADJUSTMENT



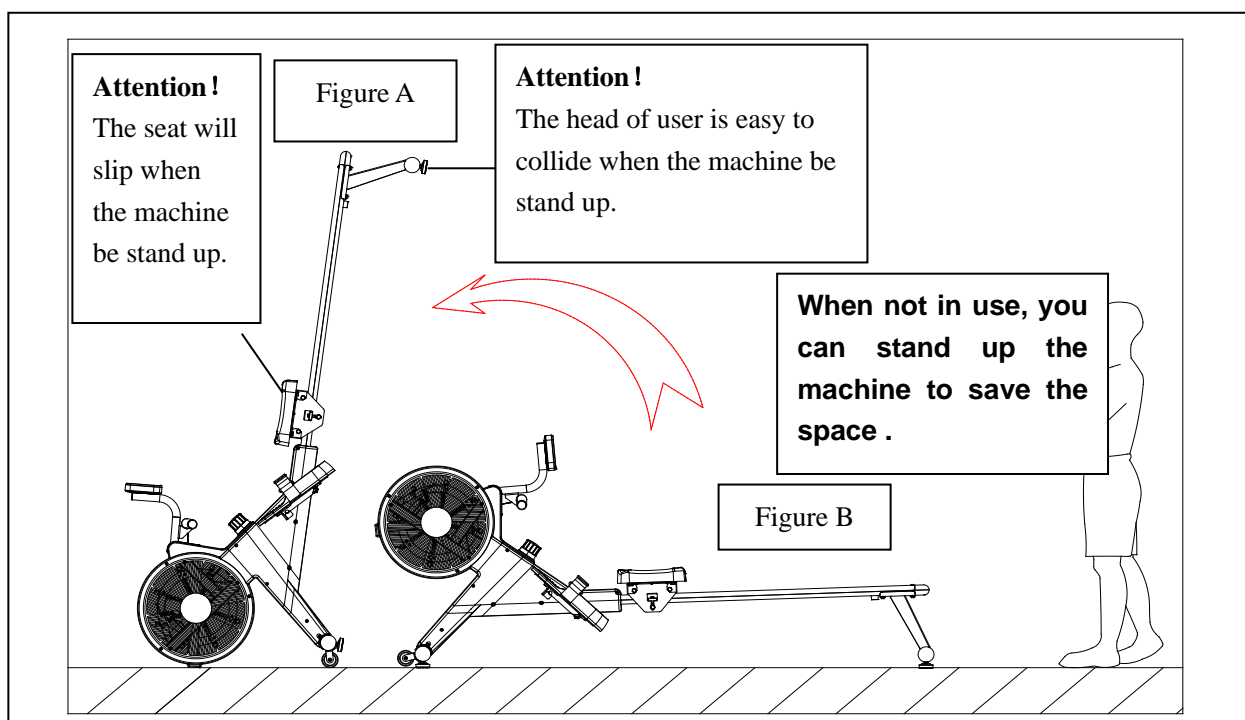
The pedal strap is adjustable and can be personalized to fit the user's foot size.

3.COMPUTER ANGLE ADJUSTMENT



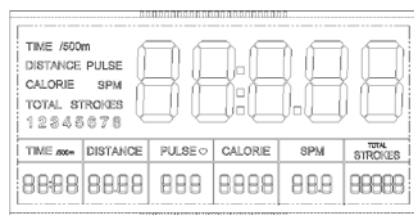
The rotation angle of computer post can be adjusted to obtain the best view of the Computer LCD screen.

4.Storage



YK-R1901 EXERCISE MONITOR INSTRUCTION

DISPLAY INFORMATION



FUNCTION DESCRIPTION

TIME	The time of each workout ,when starting exercise.
TIEM/500m	Average time per 500 meters.
DISTANCE	The distances of each workout ,when starting exercise.
PULSE(Optional)	Heart beat .
CALORIE	The calorie burned of each workout, when starting exercise.
SPM	STROKES/MINUTE.
STROKES	The strokes of each workout, when staring exercise.
TOTAL STROKES	The total strokes of all workout, from battery capacity period runs.

- In the main display area with motion status:
 - Scan mode: Display change according to the next items every 6 seconds,
TIME-> TIME/500m ->DISTANCE->PULSE(Optional) ->CALORIE->SPM ->STROKES->TOTAL STROKES;
 - Press “MODE” key lets you to select and lock on to a particular function you want;
- TIME (TIME/500m), DISTANCE, PULSE(Optional), CALORIE, SPM,STROKES (TOTAL STROKES) display area;

KEY FUNCTION

MODE	. In motion status : select and lock on to a particular function ; . In stop status : and choose set items needs to be set
SET	. In motion status : display change TIME or TIME 500m, STROKES or TOTAL STROKES; . In stop status : enter the setting mode , and adjusted the value of choose set items;
RESET	. In setting mode : the value clear; . In stop status : all of the values with items will be clear, except TOTAL STROKES;

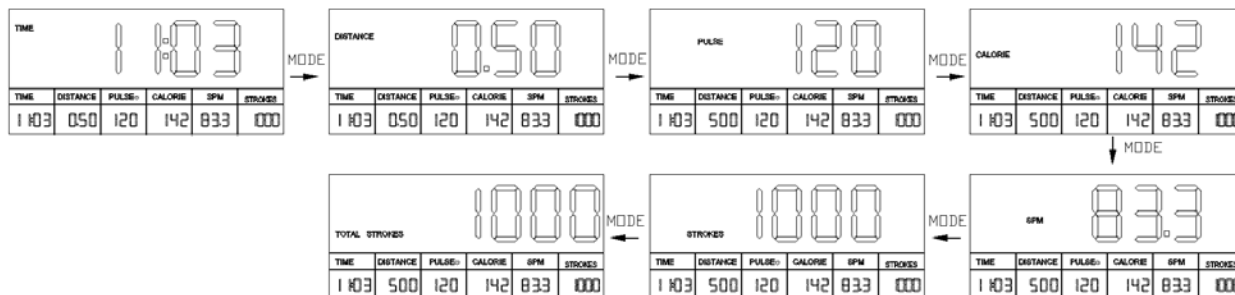
INSTRUCTION:

1. Motion status:

- Scan mode: Icon flashing display;
- Press “SET” key to change display TIME /TIME 500m and STOKES/TOTAL STROKES;



- Press “MODE” key to select and lock on to a particular function;



- Please wear a wireless heart rate chest strap, when you need a heart rate reading;

2.Stop Status:

- SET key: **enter the setting mode** , and adjusted the value of choose set items;
- MODE key: to choose setting items with relevant flashing for TIME ->DISTANCE->PULSE(Optional) ->CALORIE ->STROKES;
 - If the pulse limit is setting , when the heart rate exceeds the set limit, the beep will continuously prompt(Optional);
 - If TIME/DISTANCE/CALORIE/STROKES is setting, The corresponding value will be inverted in motion status。When any of setting value count to 0, the motion will be “DI DI” Voice Prompt;

SPECIFICATION

TIME.	0M:00S ~ 99M:59S
TIEM/500m	0M:00S ~ 99M:59S
DISTANCE	0.0 ~ 9999KM
PULSE(Optional)	40-240BPM
CALORIES	0.0~ 9999KCAL
SPM	0.0 ~ 999RPM

STROKES	0 ~ 9999
TOTAL STROKES	0 ~ 99999
Battery Type	Size-AAA *2
Operating Temperature	0°C ~ +40°C
Storage Temperature	-10°C ~ +60°C

